

Mastering Recovery

A Newsletter on Long-Term Sobriety



Less than a month away!

October 4 will be the official launch date for the E-book on Kindle. The paperback and audio book will follow in mid-month.

When you buy the book, there will be a link to a free, 3-week **Getting Started** journal. Watch for more information soon.

#11 -- September 15, 2021

Not Being Bored

One of the biggest obstacles to staying on the path of mastery is being bored.

What I'm Thinking

Somewhere in early sobriety I remember a daily meditation that talked about how life is now more often "gray" compared to the constant excitement or uproar of life before sobriety. That struck me since I do tend to be a Type A person.

I find life interesting today in ways I would never have thought possible. Yet there are times when life is just plain old unremarkable, average, commonplace, routine. In fact if I am honest, most days are that way. When that happens it can feel like boredom.

Since the path of mastery requires regular practice, practice, practice, I can get bored with what I am doing. It ends up feeling like the same crap, different day.

That's a dangerous place to be. When I get to that point I am more likely to seek excitement. The next "shiny, new thing" will entice me. I will then be

sidetracked at best; derailed at worst. For a person with a substance use disorder in remission, I am ripe for making bad choices.

But just maybe being bored is an open door to new ideas and possibilities. And they are being fueled by patience. Not always an easy thing to accept for someone often looking for the quick solution, immediate answer, or instant gratification. Which is why mindfulness on the path of mastery is essential.

Life is made up of routines and practice. That is boring. To bring mindful awareness into the picture is to find patience. Patience allows us to stop and look, listen, and just be present. An important part of the lifestyle of recovery.



Facing Challenges - Building Recovery

Why am I bored?

- Do I think I have already mastered everything, that I know all there is to know?
- Am I just going through the motions?
- Am I getting enough sleep and eating proper foods?
- Do I believe that being bored can lead to new ideas, new experiences, new dreams, simply by being patient?

Pay attention.

- Listen to your answers and how you are feeling.
- Take some time to be patient in the midst of a quiet place.
- Breathe in calm, peace, and patience.
- Breathe out boredom, fear, uncertainty.
- Later, not now, after this has quietly settled, journal about it.

Now just be patient.

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Picture of the Week



Repurposing

I wonder if this was the result of a craft person being bored one day and wondering what to do with old cans?

Being patient in the midst of boredom can be quite productive.

Have You Seen This?

[Resources to Recover](#) is a mental health website for families and individuals. Back in 2018 they had an article on 14 reasons why being sober makes your life better. Some of these are:

- Better sleep and diet, fewer health problems and sick less often, increased energy and have more fun.

What's your best reason how being clean and sober has made your life better?

Now be grateful!!!

[Link to article.](#)

Quote of the Week

There is almost no work in life so hard as waiting.... So many people have marred their work and hindered the growth of their spiritual lives by too much activity. If I wait patiently, preparing myself always, I will be some day at the place where I would be.

-- February 11- *Twenty-Four Hours a Day*

Tools and Resources

Books for daily meditation:

- The classics:
 - [Twenty-Four Hours a Day](#)
 - [A Day at a Time](#)

- [Touchstones: A Book Of Daily Meditations For Men](#)
- [Each Day a New Beginning: Daily Meditations for Women](#)

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Thank you for the support!

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## Book Update

There's still time to join the Mastering Recovery Launch Team. Just click the link below and sign up today. We'd love to have you join us.

[\*\*Join the Launch Team here.\*\*](#)

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